

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2024-10-12  
**Miejsce:** Szklarska Poręba  
**Dystans:** 15 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	KOZŁOWICZ Tomasz	1631	OBORYGENI	M30	1	00:34:06	01:04:48.30	01:04:49.75		4:19	13.9 (100%)
2	ROGAŁA Patryk	1589		M30	2	00:35:47	01:09:34.75	01:09:36.55	+00:04:46 (6.9%)	4:38	12.9 (92.8%)
3	SZCZEPANIAK Witold	1443		M40	1	00:37:40	01:12:07.85	01:12:10.55	+00:07:20 (10.2%)	4:48	12.5 (89.9%)
4	GÓRAK Przemysław	1626	BLACK HAT PRO	M40	2	00:38:34	01:13:02.50	01:13:03.95	+00:08:14 (11.3%)	4:52	12.3 (88.5%)
5	GĄSIOROWSKI Jarek	1636		M30	3	00:38:43	01:13:22.10	01:13:24.65	+00:08:34 (11.7%)	4:53	12.3 (88.5%)
6	POPIÓŁ Mateusz	1629		M40	3	00:38:16	01:14:14.05	01:14:17.50	+00:09:27 (12.7%)	4:56	12.1 (87.1%)
7	ŻURAW Wiktor	1601		M20	1	00:39:28	01:14:19.50	01:14:21.75	+00:09:32 (12.8%)	4:57	12.1 (87.1%)
8	WŁODARCZYK Jarosław	1596	KRUCZKOWSKITEAM/KOWARY BIEGAJĄ	M40	4	00:37:49	01:14:58.35	01:15:01.25	+00:10:11 (13.6%)	4:59	12 (86.3%)
9	DYCKOWSKI Łukasz	1637		M20	2	00:39:02	01:15:55.65	01:15:58.65	+00:11:08 (14.7%)	5:03	11.9 (85.6%)
10	NOWAKOWSKA Anna	1580		K30	1	00:40:20	01:16:13.35	01:16:15.75	+00:11:26 (15.0%)	5:04	11.8 (84.9%)
11	KACZAŁKO Michał	1519		M20	3	00:39:54	01:16:18.10	01:16:20.35	+00:11:30 (15.1%)	5:05	11.8 (84.9%)
12	MESSYASZ Krzysztof	1554	CHMURA TEAM	M40	5	00:39:49	01:17:15.15	01:17:17.25	+00:12:27 (16.1%)	5:09	11.7 (84.2%)
13	DUL Karolina	1408		K20	1	00:40:08	01:18:05.80	01:18:09.00	+00:13:19 (17.0%)	5:12	11.5 (82.7%)
14	BEDNARZ Krzysztof	1406	PRZEDWOJEWSKI TEAM	M40	6	00:39:46	01:18:44.15	01:18:46.25	+00:13:56 (17.7%)	5:14	11.4 (82.0%)
15	SKUZA Krzysztof	1474	KLINIKA URODY JOLANTA SKUZA LEGNICA	M40	7	00:41:52	01:19:37.45	01:19:39.30	+00:14:49 (18.6%)	5:18	11.3 (81.3%)

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16	<b>SKRZYŃSKI Przemek</b>	<b>1493</b>	MCH RUNNERS TEAM	M40	8	00:42:27	<b>01:19:41.65</b>	<b>01:19:48.80</b>	+00:14:59 (18.8%)	5:18	11.3 (81.3%)
17	<b>MIŚTA Roman</b>	<b>1585</b>		M50	1	00:40:36	<b>01:19:51.90</b>	<b>01:19:56.25</b>	+00:15:06 (18.9%)	5:19	11.3 (81.3%)
18	<b>ZAMBRZYCKI Maciej</b>	<b>1605</b>		M40	9	00:43:41	<b>01:22:07.65</b>	<b>01:22:10.05</b>	+00:17:20 (21.1%)	5:28	11 (79.1%)
19	<b>FILIPKOWSKI Olaf</b>	<b>1599</b>		M20	4	00:43:21	<b>01:22:23.55</b>	<b>01:22:27.50</b>	+00:17:37 (21.4%)	5:29	10.9 (78.4%)
20	<b>CZECH Marcin</b>	<b>1431</b>		M20	5	00:43:41	<b>01:23:03.50</b>	<b>01:23:09.85</b>	+00:18:20 (22.0%)	5:32	10.8 (77.7%)
21	<b>OŚLAK Grzegorz</b>	<b>1581</b>	FIZJOTONIKA - FIZJOTERAPIA I TRENING	M20	6	00:42:30	<b>01:23:56.55</b>	<b>01:23:58.95</b>	+00:19:09 (22.8%)	5:35	10.7 (77.0%)
22	<b>OLEJNIK Tomasz</b>	<b>1405</b>	EDI TEAM ZGORZELEC	M30	4	00:45:15	<b>01:27:10.45</b>	<b>01:27:13.65</b>	+00:22:23 (25.7%)	5:48	10.3 (74.1%)
23	<b>DREWNIAK Mariusz</b>	<b>1412</b>		M40	10	00:45:38	<b>01:27:56.00</b>	<b>01:28:03.45</b>	+00:23:13 (26.4%)	5:51	10.2 (73.4%)
24	<b>WRZALIK Adrian</b>	<b>1593</b>		M20	7	00:45:32	<b>01:28:56.35</b>	<b>01:28:59.85</b>	+00:24:10 (27.2%)	5:55	10.1 (72.7%)
25	<b>BOBORYCKI Rafał</b>	<b>1571</b>	MOCNA GRUPA CEZARA	M40	11	00:48:33	<b>01:29:12.40</b>	<b>01:29:19.55</b>	+00:24:29 (27.4%)	5:56	10.1 (72.7%)
26	<b>JODŁOWSKI Marek</b>	<b>1614</b>		M40	12	00:47:57	<b>01:29:19.90</b>	<b>01:29:25.80</b>	+00:24:36 (27.5%)	5:57	10.1 (72.7%)
27	<b>BÓRKOWSKA Aleksandra</b>	<b>1604</b>	MARATOŃCZYK POZNAŃ	K30	2	00:48:31	<b>01:31:06.85</b>	<b>01:31:11.75</b>	+00:26:22 (28.9%)	6:04	9.9 (71.2%)
28	<b>PALMOWSKI Jan</b>	<b>1503</b>		M30	5	00:49:48	<b>01:31:29.95</b>	<b>01:31:38.05</b>	+00:26:48 (29.3%)	6:05	9.8 (70.5%)
29	<b>BÓRKOWSKI Mikołaj</b>	<b>1603</b>	MARATOŃCZYK POZNAŃ	M40	13	00:49:21	<b>01:32:39.50</b>	<b>01:32:44.75</b>	+00:27:55 (30.1%)	6:10	9.7 (69.8%)
30	<b>BORSUK Kamil</b>	<b>1432</b>		M20	8	00:49:33	<b>01:32:39.00</b>	<b>01:32:45.65</b>	+00:27:55 (30.1%)	6:10	9.7 (69.8%)
31	<b>MASTEJ Paweł</b>	<b>1497</b>	AD GROUP	M40	14	00:49:22	<b>01:33:20.70</b>	<b>01:33:28.75</b>	+00:28:39 (30.6%)	6:13	9.6 (69.1%)
32	<b>SYDOR Daniel</b>	<b>1634</b>		M40	15	00:59:39	<b>01:33:19.45</b>	<b>01:33:29.00</b>	+00:28:39 (30.7%)	6:13	9.6 (69.1%)
33	<b>JAWORSKA Iga</b>	<b>1619</b>	#KUBAPIECHTEAM	K20	2	00:50:21	<b>01:33:27.80</b>	<b>01:33:31.55</b>	+00:28:41 (30.7%)	6:13	9.6 (69.1%)
34	<b>ŻURAWSKI Mateusz</b>	<b>1595</b>	KEBAB TEAM	M30	6	00:49:10	<b>01:33:29.25</b>	<b>01:33:43.70</b>	+00:28:53 (30.8%)	6:13	9.6 (69.1%)
35	<b>REYNOLDS Kuba</b>	<b>1430</b>		M20	9	00:50:21	<b>01:33:33.95</b>	<b>01:33:44.30</b>	+00:28:54 (30.8%)	6:14	9.6 (69.1%)
36	<b>JAKUCZEK Rafał</b>	<b>1433</b>	BIGLNE HIPKI	M20	10	00:49:56	<b>01:34:14.65</b>	<b>01:34:24.80</b>	+00:29:35 (31.3%)	6:16	9.6 (69.1%)
37	<b>PINCIUREK Paulina</b>	<b>1409</b>		K30	3	00:49:48	<b>01:34:51.55</b>	<b>01:34:55.55</b>	+00:30:05 (31.7%)	6:19	9.5 (68.3%)
38	<b>MOMOT Sławomir</b>	<b>1410</b>	SMAK RADOŚCI	M40	16	00:49:47	<b>01:34:51.30</b>	<b>01:34:55.95</b>	+00:30:06 (31.7%)	6:19	9.5 (68.3%)

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39	<b>SORBIAN Paweł</b>	<b>1458</b>		M40	17	00:49:33	<b>01:35:08.30</b>	<b>01:35:12.05</b>	+00:30:22 (31.9%)	6:20	9.5 (68.3%)
40	<b>RYNIEWICZ Piotr</b>	<b>1468</b>	ELITARNE SMUTASY	M30	7	00:50:58	<b>01:35:36.70</b>	<b>01:35:58.65</b>	+00:31:08 (32.5%)	6:22	9.4 (67.6%)
41	<b>DROZD Michał</b>	<b>1588</b>		M40	18	00:49:29	<b>01:36:15.90</b>	<b>01:36:19.70</b>	+00:31:29 (32.7%)	6:25	9.4 (67.6%)
42	<b>BOGUCKI Arkadiusz</b>	<b>1536</b>	OSP KOSTRZYN NAD ODRA	M30	8	00:49:43	<b>01:36:11.80</b>	<b>01:36:26.80</b>	+00:31:37 (32.8%)	6:24	9.4 (67.6%)
43	<b>MISIURA Łukasz</b>	<b>1442</b>		M30	9	00:51:21	<b>01:36:24.40</b>	<b>01:36:32.75</b>	+00:31:43 (32.9%)	6:25	9.3 (66.9%)
44	<b>WAWRZYNIAK Robert</b>	<b>1565</b>	#BIEGIEMWLAS	M40	19	00:51:57	<b>01:36:38.55</b>	<b>01:37:03.00</b>	+00:32:13 (33.2%)	6:26	9.3 (66.9%)
45	<b>DORSZ Łukasz</b>	<b>1628</b>		M40	20	00:49:11	<b>01:37:08.40</b>	<b>01:37:13.35</b>	+00:32:23 (33.3%)	6:28	9.3 (66.9%)
46	<b>SZADKOWSKI Piotr</b>	<b>1625</b>		M50	2	00:50:02	<b>01:37:42.35</b>	<b>01:37:45.35</b>	+00:32:55 (33.7%)	6:30	9.2 (66.2%)
47	<b>MATYSIAK Karol</b>	<b>1545</b>	TEAM-WLKP MOUNTAINS ULTRA	M50	3	00:52:17	<b>01:37:58.10</b>	<b>01:38:11.55</b>	+00:33:21 (34.0%)	6:31	9.2 (66.2%)
48	<b>SUCHORSKA-PRZERWANEK Anna</b>	<b>1583</b>	DTR BIEGA / MARIO TEAM	K40	1	00:51:04	<b>01:38:10.70</b>	<b>01:38:13.90</b>	+00:33:24 (34.0%)	6:32	9.2 (66.2%)
49	<b>GLOGOWSKI Konrad</b>	<b>1480</b>		M30	10	00:50:21	<b>01:38:20.05</b>	<b>01:38:27.95</b>	+00:33:38 (34.2%)	6:33	9.2 (66.2%)
50	<b>WANDEL Piotr</b>	<b>1550</b>	16 DBOT	M50	4	00:51:41	<b>01:39:04.95</b>	<b>01:39:04.95</b>	+00:34:15 (34.6%)	6:36	9.1 (65.5%)
51	<b>MASTALARZ Przemysław</b>	<b>1602</b>		M40	21	00:53:21	<b>01:38:54.75</b>	<b>01:39:18.25</b>	+00:34:28 (34.7%)	6:35	9.1 (65.5%)
52	<b>SYCHOWSKI Dawid</b>	<b>1630</b>		M40	22	00:50:46	<b>01:39:28.65</b>	<b>01:39:31.95</b>	+00:34:42 (34.9%)	6:37	9 (64.7%)
53	<b>NIEWIADOMSKI Marek</b>	<b>1449</b>	CROSS KRAPKOWICE/ SOBAS TEAM	M30	11	00:52:28	<b>01:40:33.60</b>	<b>01:40:47.75</b>	+00:35:58 (35.7%)	6:42	9 (64.7%)
54	<b>SNIEGOCKI Paweł</b>	<b>1542</b>	BIEGAJĄCE KREJZOLE/ 4T	M40	23	00:52:06	<b>01:40:46.40</b>	<b>01:40:51.35</b>	+00:36:01 (35.7%)	6:43	8.9 (64.0%)
55	<b>SIBIŃSKI Marcin</b>	<b>1569</b>	HTF	M50	5	00:53:26	<b>01:40:50.15</b>	<b>01:41:08.75</b>	+00:36:19 (35.9%)	6:43	8.9 (64.0%)
56	<b>ZYSK Paweł</b>	<b>1528</b>		M50	6	00:52:44	<b>01:41:07.75</b>	<b>01:41:10.20</b>	+00:36:20 (35.9%)	6:44	8.9 (64.0%)
57	<b>ZEMLEDUCH Dorota</b>	<b>1488</b>		K30	4	00:52:40	<b>01:41:26.55</b>	<b>01:41:32.50</b>	+00:36:42 (36.2%)	6:45	8.9 (64.0%)
58	<b>GÓRSKI Julian</b>	<b>1608</b>		M20	11	00:53:03	<b>01:41:29.15</b>	<b>01:41:35.05</b>	+00:36:45 (36.2%)	6:45	8.9 (64.0%)
59	<b>MIKUŁAN Anna</b>	<b>1533</b>		K30	5	00:54:41	<b>01:42:36.80</b>	<b>01:42:48.15</b>	+00:37:58 (36.9%)	6:50	8.8 (63.3%)
60	<b>BOĆKO Ewa</b>	<b>1598</b>	DTR BIEGA/MARIO TEAM	K40	2	00:54:24	<b>01:43:01.65</b>	<b>01:43:21.80</b>	+00:38:32 (37.3%)	6:52	8.7 (62.6%)
61	<b>ŚLIWIŃSKI Krzysztof</b>	<b>1515</b>		M40	24	00:56:20	<b>01:43:48.90</b>	<b>01:44:11.35</b>	+00:39:21 (37.8%)	6:55	8.7 (62.6%)

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62	<b>TOMASIK Andrzej</b>	<b>1404</b>		M50	7	00:54:19	<b>01:44:30.40</b>	<b>01:44:44.15</b>	+00:39:54 (38.1%)	6:58	8.6 (61.9%)
63	<b>FRELICH Natalia</b>	<b>1495</b>		K30	6	00:54:51	<b>01:44:42.45</b>	<b>01:44:46.80</b>	+00:39:57 (38.1%)	6:58	8.6 (61.9%)
64	<b>SKALIK Sebastian</b>	<b>1469</b>	ELITARNE SMUTASY	M30	12	00:55:13	<b>01:44:24.85</b>	<b>01:44:47.40</b>	+00:39:57 (38.1%)	6:57	8.6 (61.9%)
65	<b>SZYMAŃSKI Michał</b>	<b>1592</b>		M40	25	00:56:28	<b>01:44:54.05</b>	<b>01:45:13.40</b>	+00:40:23 (38.4%)	6:59	8.6 (61.9%)
66	<b>STENCEL Andrzej</b>	<b>1508</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M40	26	00:54:46	<b>01:44:51.80</b>	<b>01:45:15.05</b>	+00:40:25 (38.4%)	6:59	8.6 (61.9%)
67	<b>SŁOWIACZEK Marcin</b>	<b>1530</b>		M30	13	00:54:20	<b>01:45:05.75</b>	<b>01:45:17.30</b>	+00:40:27 (38.4%)	7:00	8.6 (61.9%)
68	<b>PAWŁOWSKI Wojciech</b>	<b>1548</b>		M40	27	00:54:27	<b>01:45:06.20</b>	<b>01:45:17.95</b>	+00:40:28 (38.4%)	7:00	8.6 (61.9%)
69	<b>STEFAŃSKA Malwina</b>	<b>1514</b>		K30	7	00:56:44	<b>01:45:08.00</b>	<b>01:45:34.15</b>	+00:40:44 (38.6%)	7:00	8.6 (61.9%)
70	<b>SAWICZ Arkadiusz</b>	<b>1597</b>		M40	28	00:56:58	<b>01:45:15.90</b>	<b>01:45:41.95</b>	+00:40:52 (38.7%)	7:01	8.6 (61.9%)
71	<b>PUSZKIEL Leszek</b>	<b>1623</b>	GREEN TEAM	M60+	1	00:55:07	<b>01:46:43.50</b>	<b>01:46:46.55</b>	+00:41:56 (39.3%)	7:06	8.4 (60.4%)
72	<b>SKRZYŃSKI Denis</b>	<b>1579</b>		M20	12	00:56:48	<b>01:46:39.35</b>	<b>01:46:46.75</b>	+00:41:57 (39.3%)	7:06	8.4 (60.4%)
73	<b>KLIMEK Piotr</b>	<b>1518</b>		M40	29	00:54:56	<b>01:47:17.65</b>	<b>01:47:26.30</b>	+00:42:36 (39.7%)	7:09	8.4 (60.4%)
74	<b>STACHOWSKI Arkadiusz</b>	<b>1492</b>	QUAY POZNAŃ	M40	30	00:56:47	<b>01:48:02.50</b>	<b>01:48:11.30</b>	+00:43:21 (40.1%)	7:12	8.3 (59.7%)
75	<b>MATUSEWICZ Oskar</b>	<b>1521</b>		M20	13	00:55:31	<b>01:48:24.65</b>	<b>01:48:40.00</b>	+00:43:50 (40.3%)	7:13	8.3 (59.7%)
76	<b>MATUSEWICZ Ireneusz</b>	<b>1520</b>		M40	31	00:55:31	<b>01:48:24.25</b>	<b>01:48:40.30</b>	+00:43:50 (40.3%)	7:13	8.3 (59.7%)
77	<b>ŚMICHURSKA Malwina</b>	<b>1567</b>	FIZJOTERAPIA BIEGACZA	K30	8	00:57:44	<b>01:48:30.40</b>	<b>01:48:42.15</b>	+00:43:52 (40.4%)	7:14	8.3 (59.7%)
78	<b>KOŁTOWSKI Piotr</b>	<b>1456</b>	KARL STORZ POLSKA	M30	14	00:59:19	<b>01:48:16.25</b>	<b>01:48:44.95</b>	+00:43:55 (40.4%)	7:13	8.3 (59.7%)
79	<b>NELKE Kamil</b>	<b>1483</b>		M30	15	00:57:14	<b>01:48:41.05</b>	<b>01:48:46.40</b>	+00:43:56 (40.4%)	7:14	8.3 (59.7%)
80	<b>CHROBAK Agnieszka</b>	<b>1563</b>	FUNDACJALACZANASGORY	K20	3	00:55:22	<b>01:49:09.70</b>	<b>01:49:15.25</b>	+00:44:25 (40.7%)	7:16	8.2 (59.0%)
81	<b>WIĘCKOWSKI Wiktor</b>	<b>1529</b>		M30	16	00:58:15	<b>01:49:30.00</b>	<b>01:49:40.95</b>	+00:44:51 (40.9%)	7:18	8.2 (59.0%)
82	<b>OŁOWSKI Cezary</b>	<b>1556</b>	ZRYW.CC	M30	17	00:59:10	<b>01:49:13.75</b>	<b>01:49:43.95</b>	+00:44:54 (40.9%)	7:16	8.2 (59.0%)
83	<b>KOKOTT Jacek</b>	<b>1562</b>	ZRYW.CC	M20	14	00:59:14	<b>01:49:14.60</b>	<b>01:49:45.15</b>	+00:44:55 (40.9%)	7:16	8.2 (59.0%)
84	<b>KOPACZEWSKI Igor</b>	<b>1561</b>	ZRYW.CC	M20	15	00:59:13	<b>01:49:16.05</b>	<b>01:49:46.15</b>	+00:44:56 (40.9%)	7:17	8.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
85	MARCZAK Ola	1612	KB HARCOWNIK	K30	9	00:56:42	01:49:57.05	01:50:00.85	+00:45:11 (41.1%)	7:19	8.2 (59.0%)
86	WOJNAROWSKA Marcelina	1494		K30	10	00:59:46	01:49:50.85	01:50:02.40	+00:45:12 (41.1%)	7:19	8.2 (59.0%)
87	JUSIS Ewa	1475		K20	4	00:57:06	01:50:16.80	01:50:28.35	+00:45:38 (41.3%)	7:21	8.2 (59.0%)
88	STYCZEŃ Berenika	1525		K20	5	00:58:20	01:50:43.95	01:50:50.50	+00:46:00 (41.5%)	7:22	8.1 (58.3%)
89	MACKIEWICZ Karol	1535		M30	18	00:56:30	01:51:44.70	01:51:56.40	+00:47:06 (42.1%)	7:26	8.1 (58.3%)
90	GROCHOWSKA Magdalena	1454	KARL STORZ POLSKA	K30	11	01:00:49	01:51:28.30	01:51:57.75	+00:47:08 (42.1%)	7:25	8.1 (58.3%)
91	GOŁASZEWSKI Łukasz	1584	KARL STORZ POLSKA	M40	32	01:01:01	01:51:29.90	01:51:59.70	+00:47:09 (42.1%)	7:25	8.1 (58.3%)
92	ANDRZEJEWSKI Tomasz	1506		M30	19	00:57:39	01:51:59.05	01:52:08.95	+00:47:19 (42.2%)	7:27	8 (57.6%)
93	PAWLAK Gabriel	1402	EATSLY PL	M40	33	00:57:56	01:52:26.95	01:52:39.50	+00:47:49 (42.5%)	7:29	8 (57.6%)
94	KURPIEWSKA Milena	1566		K30	12	00:58:23	01:52:45.00	01:52:45.00	+00:47:55 (42.5%)	7:31	8 (57.6%)
95	CZEPIEL Natalia	1523		K30	13	00:59:46	01:53:03.80	01:53:19.05	+00:48:29 (42.8%)	7:32	8 (57.6%)
96	GRABARA Dorota	1434	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K30	14	00:58:50	01:53:33.30	01:53:45.35	+00:48:55 (43.0%)	7:34	7.9 (56.8%)
97	GUNDLACH-FOBER Rachel	1499		K20	6	01:01:19	01:53:24.60	01:53:49.15	+00:48:59 (43.0%)	7:33	7.9 (56.8%)
98	KUJAWA Szymon	1613	EKIPA REVIEGO	M20	16	00:59:23	01:53:57.10	01:54:04.20	+00:49:14 (43.2%)	7:35	7.9 (56.8%)
99	KUBIAK Andrzej	1609		M60+	2	00:57:45	01:54:12.85	01:54:19.95	+00:49:30 (43.3%)	7:36	7.9 (56.8%)
100	WALICKA Katarzyna	1470		K30	15	00:59:29	01:54:07.05	01:54:24.55	+00:49:34 (43.3%)	7:36	7.9 (56.8%)
101	GROCHOWSKA Agnieszka	1513		K50	1	00:59:29	01:54:13.60	01:54:28.85	+00:49:39 (43.4%)	7:36	7.9 (56.8%)
102	FORNALIK Wojciech	1557		M30	20	00:56:36	01:54:37.95	01:54:47.25	+00:49:57 (43.5%)	7:38	7.9 (56.8%)
103	BORAWSKI-REKS Szymon	1524		M40	34	01:00:03	01:54:46.55	01:54:57.20	+00:50:07 (43.6%)	7:39	7.8 (56.1%)
104	SENETRA Małgorzata	1635	ROCK BALANCIG ICE	K40	3	00:49:07	01:55:02.35	01:55:19.00	+00:50:29 (43.8%)	7:40	7.8 (56.1%)
105	CZESKA Karolina	1624	LAMPART TRENING	K30	16	01:00:19	01:55:18.60	01:55:26.85	+00:50:37 (43.8%)	7:41	7.8 (56.1%)
106	SOBKOWIAK Renata	1590	WALKA KOSTRZYN	K30	17	01:03:42	01:55:09.10	01:55:35.75	+00:50:46 (43.9%)	7:40	7.8 (56.1%)
107	HOFFA Michał	1491	HOFFA BOXING	M30	21	01:03:42	01:55:09.25	01:55:35.80	+00:50:46 (43.9%)	7:40	7.8 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
108	<b>FILAR Tomasz</b>	<b>1455</b>	KARL STORZ POLSKA	M50	8	01:03:48	<b>01:55:39.65</b>	<b>01:56:06.95</b>	+00:51:17 (44.2%)	7:42	7.8 (56.1%)
109	<b>PRZEPIÓRA Sylwia</b>	<b>1451</b>	BAND OF RUNNERS	K30	18	01:00:29	<b>01:55:53.50</b>	<b>01:56:08.15</b>	+00:51:18 (44.2%)	7:43	7.8 (56.1%)
110	<b>STOIŃSKI Marcin</b>	<b>1452</b>	BAND OF RUNNERS	M40	35	01:00:30	<b>01:55:53.45</b>	<b>01:56:08.20</b>	+00:51:18 (44.2%)	7:43	7.8 (56.1%)
111	<b>DOMŻAŁ Marcin</b>	<b>1505</b>		M40	36	01:00:09	<b>01:56:01.90</b>	<b>01:56:09.65</b>	+00:51:19 (44.2%)	7:44	7.8 (56.1%)
112	<b>MICHALSKA Wioleta</b>	<b>1498</b>		K40	4	01:00:08	<b>01:56:06.15</b>	<b>01:56:13.80</b>	+00:51:24 (44.2%)	7:44	7.8 (56.1%)
113	<b>KRAUS Szymon</b>	<b>1575</b>		M20	17	01:00:13	<b>01:55:54.60</b>	<b>01:56:15.65</b>	+00:51:25 (44.2%)	7:43	7.8 (56.1%)
114	<b>BEM Gosia</b>	<b>1439</b>	DT4YOU	K50	2	01:00:56	<b>01:56:45.55</b>	<b>01:57:01.20</b>	+00:52:11 (44.6%)	7:47	7.7 (55.4%)
115	<b>ŚLEDZIK Sebastian</b>	<b>1438</b>	DT4YOU	M50	9	01:00:59	<b>01:56:46.45</b>	<b>01:57:01.75</b>	+00:52:12 (44.6%)	7:47	7.7 (55.4%)
116	<b>KIJEWSKA Aleksandra</b>	<b>1457</b>	KARL STORZ POLSKA	K40	5	01:01:52	<b>01:57:05.40</b>	<b>01:57:33.80</b>	+00:52:44 (44.9%)	7:48	7.7 (55.4%)
117	<b>POPIOŁEK Agnieszka</b>	<b>1501</b>		K30	19	00:59:18	<b>01:57:52.90</b>	<b>01:57:57.30</b>	+00:53:07 (45.0%)	7:51	7.6 (54.7%)
118	<b>DWORCZAK Tomasz</b>	<b>1465</b>		M20	18	01:00:42	<b>01:57:50.85</b>	<b>01:58:04.00</b>	+00:53:14 (45.1%)	7:51	7.6 (54.7%)
119	<b>PIECHOCKI Rafał</b>	<b>1638</b>		M30	22	00:58:37	<b>01:57:55.40</b>	<b>01:58:10.10</b>	+00:53:20 (45.1%)	7:51	7.6 (54.7%)
120	<b>SIŁAKOWSKI Marcin</b>	<b>1618</b>		M40	37	00:59:56	<b>01:58:15.95</b>	<b>01:58:19.55</b>	+00:53:29 (45.2%)	7:53	7.6 (54.7%)
121	<b>KAPUT Paweł</b>	<b>1591</b>		M40	38	00:59:48	<b>01:58:04.00</b>	<b>01:58:24.45</b>	+00:53:34 (45.2%)	7:52	7.6 (54.7%)
122	<b>PRZYSTUPA Michał</b>	<b>1616</b>	BROWAR GWAREK	M30	23	01:02:14	<b>01:58:03.55</b>	<b>01:58:31.00</b>	+00:53:41 (45.3%)	7:52	7.6 (54.7%)
123	<b>KRUK Aneta</b>	<b>1546</b>		K40	6	01:02:17	<b>01:58:39.00</b>	<b>01:58:49.45</b>	+00:53:59 (45.4%)	7:54	7.6 (54.7%)
124	<b>BEDNARZ Piotr</b>	<b>1541</b>		M30	24	01:05:16	<b>01:58:55.60</b>	<b>01:59:12.45</b>	+00:54:22 (45.6%)	7:55	7.6 (54.7%)
125	<b>OSSOWSKI Igor</b>	<b>1463</b>		M20	19	01:04:49	<b>01:59:16.30</b>	<b>01:59:25.00</b>	+00:54:35 (45.7%)	7:57	7.5 (54.0%)
126	<b>ŻYTNIK Szymon</b>	<b>1462</b>		M20	20	01:04:52	<b>01:59:18.30</b>	<b>01:59:26.20</b>	+00:54:36 (45.7%)	7:57	7.5 (54.0%)
127	<b>RĘBECKA Violetta</b>	<b>1516</b>	BIEGAMDŁAZDROWIA.PL	K50	3	01:01:36	<b>01:59:15.70</b>	<b>01:59:27.15</b>	+00:54:37 (45.7%)	7:57	7.5 (54.0%)
128	<b>WYSZYŃSKA - HENDZELEK Kamila</b>	<b>1482</b>		K30	20	01:02:52	<b>01:59:16.20</b>	<b>01:59:30.20</b>	+00:54:40 (45.8%)	7:57	7.5 (54.0%)
129	<b>CIEŚLAK Marta</b>	<b>1537</b>		K30	21	01:02:16	<b>01:59:31.75</b>	<b>01:59:41.80</b>	+00:54:52 (45.8%)	7:58	7.5 (54.0%)
130	<b>ŚMIGIELSKA Małgorzata</b>	<b>1419</b>		K30	22	01:03:37	<b>01:59:23.30</b>	<b>01:59:47.15</b>	+00:54:57 (45.9%)	7:57	7.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
131	<b>DOLNY Maciej</b>	<b>1549</b>		M40	39	01:01:55	<b>01:59:44.60</b>	<b>01:59:57.10</b>	+00:55:07 (46.0%)	7:58	7.5 (54.0%)
132	<b>CYRSON Barbara</b>	<b>1427</b>		K20	7	01:03:49	<b>01:59:49.05</b>	<b>01:59:58.05</b>	+00:55:08 (46.0%)	7:59	7.5 (54.0%)
133	<b>KAPUT Piotr</b>	<b>1621</b>	DTR BIEGA / MARIO TEAM	M40	40	01:01:49	<b>01:59:56.00</b>	<b>02:00:16.65</b>	+00:55:26 (46.1%)	7:59	7.5 (54.0%)
134	<b>ADAMOWICZ Łukasz</b>	<b>1411</b>		M40	41	01:00:46	<b>02:00:28.40</b>	<b>02:00:37.55</b>	+00:55:47 (46.3%)	8:01	7.5 (54.0%)
135	<b>KRUCZKOWSKA Donata</b>	<b>1632</b>		K30	23	01:02:42	<b>02:00:31.85</b>	<b>02:00:40.95</b>	+00:55:51 (46.3%)	8:02	7.5 (54.0%)
136	<b>SZUMNA Ewa</b>	<b>1552</b>		K30	24	01:03:06	<b>02:01:15.70</b>	<b>02:01:28.50</b>	+00:56:38 (46.6%)	8:05	7.4 (53.2%)
137	<b>SANKOWSKA Krzysztofa</b>	<b>1574</b>		K20	8	01:07:21	<b>02:01:48.10</b>	<b>02:02:07.00</b>	+00:57:17 (46.9%)	8:07	7.4 (53.2%)
138	<b>KARPOWICZ Karolina</b>	<b>1460</b>		K20	9	01:04:41	<b>02:03:38.80</b>	<b>02:03:56.35</b>	+00:59:06 (47.7%)	8:14	7.3 (52.5%)
139	<b>KOŁEK Cezary</b>	<b>1414</b>		M50	10	01:02:52	<b>02:03:36.05</b>	<b>02:03:59.10</b>	+00:59:09 (47.7%)	8:14	7.3 (52.5%)
140	<b>KOWALSKI Damian</b>	<b>1568</b>		M30	25	01:06:31	<b>02:03:58.05</b>	<b>02:04:09.05</b>	+00:59:19 (47.8%)	8:15	7.3 (52.5%)
141	<b>CHATYS Michał</b>	<b>1611</b>	ELITARNE SMUTASY	M30	26	01:02:09	<b>02:04:39.65</b>	<b>02:05:04.65</b>	+01:00:14 (48.2%)	8:18	7.2 (51.8%)
142	<b>GORZELAK Mateusz</b>	<b>1477</b>		M30	27	01:01:56	<b>02:04:39.95</b>	<b>02:05:04.75</b>	+01:00:15 (48.2%)	8:18	7.2 (51.8%)
143	<b>WOJTKOWIAK Sylwia</b>	<b>1400</b>		K30	25	01:04:45	<b>02:05:06.90</b>	<b>02:05:20.20</b>	+01:00:30 (48.3%)	8:20	7.2 (51.8%)
144	<b>SKAŁECKI Grzegorz</b>	<b>1615</b>	TGV CLUB KOŚCIAN	M40	42	01:04:45	<b>02:05:06.70</b>	<b>02:05:20.25</b>	+01:00:30 (48.3%)	8:20	7.2 (51.8%)
145	<b>SHEVCHUK Julia</b>	<b>1504</b>		K20	10	01:06:44	<b>02:05:13.80</b>	<b>02:05:35.85</b>	+01:00:46 (48.4%)	8:20	7.2 (51.8%)
146	<b>SIMBORSKI Tomasz</b>	<b>1620</b>		M20	21	00:56:21	<b>02:05:43.60</b>	<b>02:05:50.05</b>	+01:01:00 (48.5%)	8:22	7.2 (51.8%)
147	<b>NOWICKA Anna</b>	<b>1510</b>	NARAMOWICE BIEGAJĄ	K30	26	01:06:30	<b>02:05:50.00</b>	<b>02:06:00.10</b>	+01:01:10 (48.5%)	8:23	7.2 (51.8%)
148	<b>OSIAL Anita</b>	<b>1484</b>		K40	7	01:04:58	<b>02:06:17.70</b>	<b>02:06:33.45</b>	+01:01:43 (48.8%)	8:25	7.1 (51.1%)
149	<b>POHL Arkadiusz</b>	<b>1403</b>		M40	43	01:08:01	<b>02:06:19.90</b>	<b>02:06:39.90</b>	+01:01:50 (48.8%)	8:25	7.1 (51.1%)
150	<b>MATERAK Mirosław</b>	<b>1582</b>		M60+	3	01:05:03	<b>02:06:33.65</b>	<b>02:06:42.15</b>	+01:01:52 (48.8%)	8:26	7.1 (51.1%)
151	<b>FRYC Dariusz</b>	<b>1553</b>		M50	11	01:03:52	<b>02:06:46.45</b>	<b>02:06:58.95</b>	+01:02:09 (48.9%)	8:27	7.1 (51.1%)
152	<b>PIOTROWICZ-ZBIERAJ Magda</b>	<b>1413</b>		K30	27	01:06:20	<b>02:06:59.25</b>	<b>02:07:12.85</b>	+01:02:23 (49.0%)	8:27	7.1 (51.1%)
153	<b>KOZŁOWSKI Bartłomiej</b>	<b>1424</b>		M20	22	01:06:42	<b>02:06:51.40</b>	<b>02:07:16.85</b>	+01:02:27 (49.1%)	8:27	7.1 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
154	<b>KRZESZEWSKI Krzysztof</b>	<b>1606</b>		M40	44	01:05:46	<b>02:07:03.25</b>	<b>02:07:25.95</b>	+01:02:36 (49.1%)	8:28	7.1 (51.1%)
155	<b>GÓRSKA Anna</b>	<b>1496</b>		K40	8	01:04:25	<b>02:07:23.70</b>	<b>02:07:30.20</b>	+01:02:40 (49.2%)	8:29	7.1 (51.1%)
156	<b>NARUSZEWICZ-KOPERTOWSKA Anna</b>	<b>1532</b>		K30	28	01:08:41	<b>02:07:36.85</b>	<b>02:07:49.70</b>	+01:02:59 (49.3%)	8:30	7.1 (51.1%)
157	<b>SPIGIEL Patrycja</b>	<b>1600</b>	BLUMTEAM	K30	29	01:09:16	<b>02:08:00.60</b>	<b>02:08:29.35</b>	+01:03:39 (49.5%)	8:32	7 (50.4%)
158	<b>KUJAWA Bartosz</b>	<b>1487</b>		M40	45	01:08:50	<b>02:08:59.55</b>	<b>02:09:14.90</b>	+01:04:25 (49.8%)	8:35	7 (50.4%)
159	<b>SNIEGOCKA Magdalena</b>	<b>1543</b>	TARNOWSKIE TERMY TRIATHLON TEAM	K40	9	01:06:31	<b>02:09:20.60</b>	<b>02:09:25.75</b>	+01:04:36 (49.9%)	8:37	7 (50.4%)
160	<b>BAJEWSKA Wioletta</b>	<b>1572</b>	DTR BIEGA/MARIO TEAM	K40	10	01:09:36	<b>02:09:40.70</b>	<b>02:10:00.55</b>	+01:05:10 (50.1%)	8:38	6.9 (49.6%)
161	<b>FRANCZAK Edyta</b>	<b>1573</b>	DTR BIEGA / MARIO TEAM	K40	11	01:09:36	<b>02:09:42.05</b>	<b>02:10:00.70</b>	+01:05:10 (50.1%)	8:38	6.9 (49.6%)
162	<b>ŻYTNIK Magdalena</b>	<b>1421</b>		K20	11	01:07:42	<b>02:10:01.40</b>	<b>02:10:19.50</b>	+01:05:29 (50.3%)	8:40	6.9 (49.6%)
162	<b>ŻYTNIK Piotr</b>	<b>1461</b>		M50	12	01:07:43	<b>02:10:01.50</b>	<b>02:10:19.50</b>	+01:05:29 (50.3%)	8:40	6.9 (49.6%)
164	<b>ŁACZNY Dawid</b>	<b>1422</b>	VEGE RUNNERS	M20	23	01:09:44	<b>02:10:30.05</b>	<b>02:10:55.75</b>	+01:06:06 (50.5%)	8:42	6.9 (49.6%)
165	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>1617</b>	DRUŻYNA SZPIKU	K50	4	01:08:55	<b>02:10:42.70</b>	<b>02:11:10.85</b>	+01:06:21 (50.6%)	8:42	6.9 (49.6%)
166	<b>WELKIER Monika</b>	<b>1509</b>		K50	5	01:08:45	<b>02:10:55.50</b>	<b>02:11:13.80</b>	+01:06:24 (50.6%)	8:43	6.9 (49.6%)
167	<b>KWIETNIOWSKI Rafal</b>	<b>1428</b>		M40	46	01:09:10	<b>02:11:42.00</b>	<b>02:12:00.45</b>	+01:07:10 (50.9%)	8:46	6.8 (48.9%)
168	<b>KWIETNIOWSKA Edyta</b>	<b>1429</b>		K40	12	01:09:11	<b>02:11:45.25</b>	<b>02:12:04.05</b>	+01:07:14 (50.9%)	8:47	6.8 (48.9%)
169	<b>PREŃNICKI Michał</b>	<b>1479</b>	DRUŻYNA STASIA	M40	47	01:08:51	<b>02:11:46.05</b>	<b>02:12:07.80</b>	+01:07:18 (50.9%)	8:47	6.8 (48.9%)
170	<b>ŻYCIŃSKI Kacper</b>	<b>1445</b>		M20	24	01:10:26	<b>02:12:02.05</b>	<b>02:12:14.25</b>	+01:07:24 (51.0%)	8:48	6.8 (48.9%)
171	<b>KLIK Daniel</b>	<b>1417</b>		M40	48	01:08:12	<b>02:12:29.00</b>	<b>02:12:41.85</b>	+01:07:52 (51.1%)	8:49	6.8 (48.9%)
172	<b>GRZĄBA Magdalena</b>	<b>1467</b>		K20	12	01:09:48	<b>02:13:09.00</b>	<b>02:13:18.50</b>	+01:08:28 (51.4%)	8:52	6.8 (48.9%)
173	<b>SZUKALSKA-WALCZAK Ewa</b>	<b>1540</b>	BIEGAJĄCE WALCZAKI	K40	13	01:10:43	<b>02:13:00.35</b>	<b>02:13:18.95</b>	+01:08:29 (51.4%)	8:52	6.8 (48.9%)
174	<b>BIGORA Piotr</b>	<b>1472</b>		M50	13	01:06:55	<b>02:13:46.75</b>	<b>02:13:57.45</b>	+01:09:07 (51.6%)	8:55	6.7 (48.2%)
175	<b>ZDAŃSKA Urszula</b>	<b>1560</b>	IKSY -XXXXX	K40	14	01:14:43	<b>02:13:56.50</b>	<b>02:14:02.95</b>	+01:09:13 (51.6%)	8:55	6.7 (48.2%)
176	<b>PIWOWOŃSKA Dorota</b>	<b>1559</b>	IKSY - XXXXX	K30	30	01:14:44	<b>02:13:56.70</b>	<b>02:14:03.05</b>	+01:09:13 (51.6%)	8:55	6.7 (48.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
177	<b>BARASIŃSKA Marta</b>	<b>1531</b>		K40	15	01:11:46	<b>02:14:17.20</b>	<b>02:14:34.05</b>	+01:09:44 (51.8%)	8:57	6.7 (48.2%)
178	<b>GRZELIŃSKA Malwina</b>	<b>1627</b>		K30	31	01:10:52	<b>02:15:12.15</b>	<b>02:15:17.95</b>	+01:10:28 (52.1%)	9:00	6.7 (48.2%)
179	<b>REMBOWSKA Natalia</b>	<b>1512</b>	QUAY POZNAŃ	K40	16	01:09:53	<b>02:15:10.65</b>	<b>02:15:20.50</b>	+01:10:30 (52.1%)	9:00	6.7 (48.2%)
180	<b>ROSOŁEK Elżbieta</b>	<b>1522</b>	GREEN TEAM	K50	6	01:10:49	<b>02:15:19.05</b>	<b>02:15:35.35</b>	+01:10:45 (52.2%)	9:01	6.7 (48.2%)
181	<b>GRECKI Zenon</b>	<b>1423</b>	VEGE RUNNERS	M20	25	01:09:50	<b>02:15:09.75</b>	<b>02:15:35.75</b>	+01:10:46 (52.2%)	9:00	6.7 (48.2%)
182	<b>ZIĘBA Tomasz</b>	<b>1534</b>		M30	28	01:10:50	<b>02:16:40.20</b>	<b>02:16:56.65</b>	+01:12:06 (52.7%)	9:06	6.6 (47.5%)
183	<b>KOZŁOWSKA Aleksandra</b>	<b>1416</b>		K40	17	01:10:01	<b>02:16:58.35</b>	<b>02:17:08.10</b>	+01:12:18 (52.7%)	9:07	6.6 (47.5%)
184	<b>FIEDLER -CYRSON Agata</b>	<b>1426</b>	KOBIETY BIEGAJĄ	K50	7	01:10:07	<b>02:17:31.20</b>	<b>02:17:40.65</b>	+01:12:50 (52.9%)	9:10	6.5 (46.8%)
185	<b>MICHNIEWICZ Paweł</b>	<b>1481</b>		M30	29	01:09:20	<b>02:17:44.45</b>	<b>02:18:07.95</b>	+01:13:18 (53.1%)	9:10	6.5 (46.8%)
186	<b>WIRA Barbara</b>	<b>1401</b>		K40	18	01:12:12	<b>02:19:01.25</b>	<b>02:19:20.65</b>	+01:14:30 (53.5%)	9:16	6.5 (46.8%)
187	<b>PRYSZCZEWSKA Katarzyna</b>	<b>1594</b>		K50	8	01:12:11	<b>02:19:02.45</b>	<b>02:19:22.30</b>	+01:14:32 (53.5%)	9:16	6.5 (46.8%)
188	<b>WYCZLING Julia</b>	<b>1564</b>		K20	13	01:15:02	<b>02:19:44.70</b>	<b>02:20:06.35</b>	+01:15:16 (53.7%)	9:18	6.4 (46.0%)
189	<b>HAGEL Julita</b>	<b>1577</b>		K40	19	01:11:41	<b>02:20:12.15</b>	<b>02:20:16.40</b>	+01:15:26 (53.8%)	9:20	6.4 (46.0%)
190	<b>MAZUR Wiktor</b>	<b>1466</b>		M30	30	01:14:25	<b>02:20:22.70</b>	<b>02:20:50.45</b>	+01:16:00 (54.0%)	9:21	6.4 (46.0%)
191	<b>SZCZEPAŃSKA Dorota</b>	<b>1448</b>		K30	32	01:10:14	<b>02:22:18.50</b>	<b>02:22:24.30</b>	+01:17:34 (54.5%)	9:29	6.3 (45.3%)
192	<b>RADZIEJOWSKI Bogusław</b>	<b>1570</b>	NORDIC TEAM CZĘSTOCHOWA	M60+	4	01:15:22	<b>02:22:40.70</b>	<b>02:22:55.00</b>	+01:18:05 (54.6%)	9:30	6.3 (45.3%)
193	<b>KOSIOR Szymon</b>	<b>1435</b>	HTF LUDWIK SIKORSKI	M20	26	01:12:11	<b>02:23:33.65</b>	<b>02:23:51.45</b>	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
194	<b>SIKORSKI Ludwik</b>	<b>1437</b>	HTF LUDWIK SIKORSKI	M40	49	01:12:06	<b>02:23:34.25</b>	<b>02:23:51.50</b>	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
195	<b>MARCINIAK Robert</b>	<b>1446</b>	HTF LUDWIK SIKORSKI	M30	31	01:12:05	<b>02:23:31.15</b>	<b>02:23:51.55</b>	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
195	<b>GRABICKI Rafał</b>	<b>1444</b>	HTF LUDWIK SIKORSKI	M30	31	01:12:05	<b>02:23:31.70</b>	<b>02:23:51.55</b>	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
197	<b>OSOWSKA Joanna</b>	<b>1440</b>	HTF LUDWIK SIKORSKI	K30	33	01:12:06	<b>02:23:35.20</b>	<b>02:23:51.65</b>	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
197	<b>STĘPNIOWSKI Michał</b>	<b>1436</b>		M30	33	01:12:03	<b>02:23:32.45</b>	<b>02:23:51.65</b>	+01:19:01 (54.9%)	9:34	6.3 (45.3%)
199	<b>WRÓBLEWSKA Anna</b>	<b>1578</b>		K30	34	01:13:04	<b>02:25:29.25</b>	<b>02:25:46.75</b>	+01:20:57 (55.5%)	9:41	6.2 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK A Michałowice 7km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
200	<b>BOROWIEC Tomasz</b>	<b>1418</b>		M40	50	01:13:05	<b>02:25:29.40</b>	<b>02:25:46.80</b>	+01:20:57 (55.5%)	9:41	6.2 (44.6%)
201	<b>NYZIO Monika</b>	<b>1407</b>		K30	35	01:15:19	<b>02:25:34.40</b>	<b>02:25:58.00</b>	+01:21:08 (55.6%)	9:42	6.2 (44.6%)
202	<b>MACIEJEWSKA Aldona</b>	<b>1547</b>		K40	20	01:16:25	<b>02:27:34.95</b>	<b>02:27:55.70</b>	+01:23:05 (56.2%)	9:50	6.1 (43.9%)
203	<b>KOBYŁKA Małgorzata</b>	<b>1576</b>	SUPERMARATON KALISZ	K50	9	01:16:25	<b>02:27:34.70</b>	<b>02:27:55.85</b>	+01:23:06 (56.2%)	9:50	6.1 (43.9%)
204	<b>KOZLOWSKA Aldona</b>	<b>1610</b>		K40	21	01:17:06	<b>02:28:51.50</b>	<b>02:28:58.35</b>	+01:24:08 (56.5%)	9:55	6 (43.2%)
205	<b>ŻYGADŁO Julian</b>	<b>1489</b>		M40	51	01:13:07	<b>02:29:02.70</b>	<b>02:29:07.85</b>	+01:24:18 (56.5%)	9:56	6 (43.2%)
206	<b>ŻYWIECKA Marta</b>	<b>1485</b>		K30	36	01:13:08	<b>02:29:07.55</b>	<b>02:29:11.85</b>	+01:24:22 (56.5%)	9:56	6 (43.2%)
207	<b>TYL Anna</b>	<b>1441</b>		K40	22	01:16:40	<b>02:30:36.40</b>	<b>02:31:02.00</b>	+01:26:12 (57.1%)	10:02	6 (43.2%)
208	<b>KOZANECKI Adam</b>	<b>1478</b>		M50	14	01:16:39	<b>02:33:52.55</b>	<b>02:34:13.70</b>	+01:29:23 (58.0%)	10:15	5.8 (41.7%)
209	<b>REK Katarzyna</b>	<b>1607</b>	RADLINIOKI W BIEGU	K40	23	01:19:00	<b>02:35:29.65</b>	<b>02:35:44.55</b>	+01:30:54 (58.4%)	10:21	5.8 (41.7%)
210	<b>KUCHARSKA Kamila</b>	<b>1544</b>	BIEGAM BO MI ROBERT KARZE	K40	24	01:16:42	<b>02:39:06.25</b>	<b>02:39:32.30</b>	+01:34:42 (59.4%)	10:36	5.7 (41.0%)
211	<b>WINIARCZYK Iwona</b>	<b>1539</b>	KORNELCIA TEAM	K40	25	01:23:12	<b>02:41:25.35</b>	<b>02:41:31.00</b>	+01:36:41 (59.9%)	10:45	5.6 (40.3%)
212	<b>JABŁKO Agata</b>	<b>1415</b>		K40	26	01:23:01	<b>02:44:10.35</b>	<b>02:44:17.95</b>	+01:39:28 (60.5%)	10:56	5.5 (39.6%)
	<b>GIGOŃ Barbara</b>	<b>1633</b>	ROCK BALANCING ICE	K50		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 213 wynik(ów)